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pH is Critical

by Raymond Francis

In my book, *Never Be Sick Again*, I wrote about the importance of cellular pH. Judging by the number of inquiries, it is obvious that many people still do not appreciate how critical pH is, or know how to measure and control it. To clarify, let me say this: *If your pH is wrong, you are sick!*

Abnormal pH is a "common denominator" of disease. This is one of the common things that go wrong that cause cells to malfunction, thus causing disease. While there are many pH levels in the body, high acidity in the stomach for example, for good health, the interior of cells must be kept slightly alkaline. Even small deviations from this will cause cells to malfunction. Enzymes (special molecules that the body uses to make new molecules or to take molecules apart) operate within a certain pH range. If pH is abnormal, some enzymes will be disabled, others will overwork and inappropriate instructions will be sent to genes that can cause cancer. Cellular acidosis is a major contributor to cancer. Tasks critical to health and to life itself will be compromised; production of energy and hormones can be diminished and digestion impaired.

How do you know if your pH is okay? There is a simple and inexpensive test—use pH paper (available at Beyond Health) to measure first-morning urine. Here is your guide to pH:

Below 6.0 — Dangerous
6.0 to 6.5 — Unhealthy
6.5 to 7.5 — Healthy
6.8 to 7.4 — Ideal
Above 7.5 — Dangerous

Keep a diary of the foods you eat, including first-morning pH. This will allow you to monitor how different foods affect your pH. First-morning urine pH should consistently run within the acceptable range. Occasional readings outside the acceptable range are okay, but consistent readings below 6.5 are not good, and readings below 6.0 are dangerous. Occasional readings above 7.5 are okay, but consistent readings are not, and a pH of 8.0 is alarming. Most Americans are too acidic. When you are acidic, the body ceases to function normally. Cells will no longer properly communicate, self-regulate, and self repair. *This is disease!*

How do we become too acidic? The largest contributor is the bizarre American diet. About eighty percent of the American diet consists of acid-forming foods such as sugar, white flour (bread, pasta, cookies, and pastries), meat, dairy products, and cola drinks. Stress, allergic reactions and toxins (including prescription and over-the-counter drugs), also contribute to acidosis. Our diet also lacks adequate alkaline foods such as fresh fruits and vegetables that help to neutralize these acids.

One thing that can happen when pH is out of control is gallbladder surgery, the most common surgery in North America. Every year, more than 500,000 people in the United States undergo

surgery to remove their gallbladders. Most often this is the result of gallstones, but all too often people are marched off to surgery for gallbladder removal simply because they are too acidic. Acidic pH impairs critical detoxification by inhibiting liver enzymes. As a result, toxins are dumped from the liver into the gallbladder causing inflammation and pain. All that is required to get well is to restore normal pH. Instead, people get dangerous, unneeded surgery. I have saved a lot of people from unneeded surgery by informing them of these simple facts.

The liver's ability to detoxify and to produce hormones is dependent on pH sensitive enzymes. Abnormal pH will cause some enzymes to shut down and others to work when they shouldn't. This causes diminished hormone production as well as other dysfunctions. Enzymes are further inhibited when acidosis strips the body of critical minerals such as zinc, magnesium, and calcium, which are necessary to enzyme function. When liver detoxification is inadequate, toxins will overload the kidneys. This will produce fatigue, headaches, skin rashes, back and shoulder pain and other problems.

Viruses thrive in acidic cells, making infection more likely. Acidity diminishes the ability of the blood to carry oxygen, depriving cells of this critical nutrient. If the body is too acidic, the stomach produces less acid, causing poor digestion.

If you are too acidic, what should you do? First, get off acid-forming foods such as meat, dairy, sugar, white flour and cola drinks. Eat more alkaline foods. Fresh fruits and vegetables are generally alkaline while grains and animal proteins are acidic. Identify allergies as allergic reactions are acid producing. Reduce stress. Magnesium is a critical mineral that regulates pH, and most Americans are deficient in magnesium. Supplement with Beyond Health's Magnesium Formula and Choline Citrate to balance pH.

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